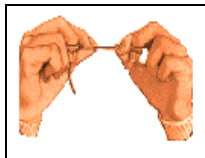


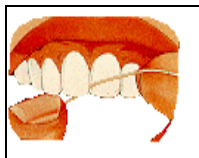
How To Use Dental Floss

1. Break off about 18–20 inches (45-50 cm) of floss and wrap most of it (approx. 12 in. or 30 cm) around one of your fingers.



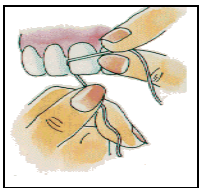
2. Wrap the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty.

3. Hold the floss tightly between your thumbs and forefingers, leaving approximately 3 cm of floss between your hands.



4. Guide the floss to the space between your teeth using a gentle rubbing motion. Never snap the floss into the gums to avoid injuries.

5. Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.

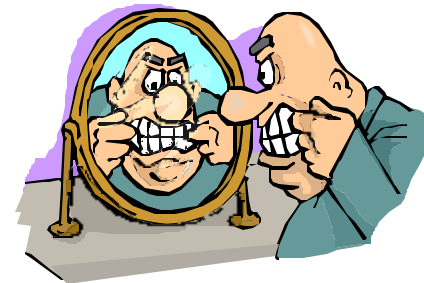


6. Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth.
7. Floss your teeth once a day.

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Keep Your Teeth Healthy

For Adults



August 2000 - English
Keep Your Teeth Healthy: For Adults

Eat Healthy Foods



Eat lots of fruits and vegetables – they make your body and teeth strong.



Avoid sugary foods and concentrated sweets.



If you eat sweets, try to brush immediately afterwards.

Use The Right Toothbrush



The brush should feel comfortable inside your mouth; make sure it reaches the back teeth.



The bristles should be made of nylon. (Not natural bristles because they wear out easier and allow bacteria to grow).



Your dentist can tell you how hard or soft your toothbrush should be (soft or medium) and any special type of brush if you have a specific need or dental problems.

When To Change Your Toothbrush



Replace your brush when the bristles begin to spread or when it looks like this.

Use The Right Toothpaste



Buy a toothpaste with FLUORIDE - to fight tooth decay.



If you need other ingredients for your specific dental problems, your dentist will let you know.

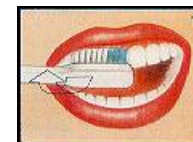
Brush Your Teeth Often



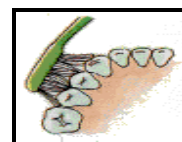
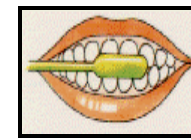
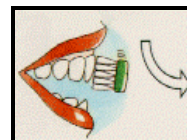
Brush your teeth at least twice a day - in the morning and before bedtime; brush after every meal if you can.

The Correct Way to Brush Your Teeth

1. Place your toothbrush next to the teeth so that it rests on the gums forming a 45-degree angle against the gums.

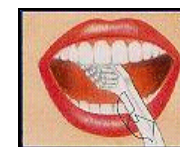


2. Move the toothbrush from the gums towards the edge of teeth to move the dental plaque away from the gum line.



Move the brush back and forth gently in short (tooth-wide) strokes.

3. After brushing all the outer teeth surfaces, do the same for the inner surfaces.



4. Brush the chewing surfaces of the teeth with horizontal moves.



Brushing your tongue can help prevent bad breath caused by bacteria and debris collecting on your tongue.